



SENTINEL



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Giving a tug where there's usually a twist



Photo by Kevin Stabinsky

Jaela Poirrier, 4, daughter of Staff Sgt. Jessica Poirrier, a paralegal NCO with the Staff Judge Advocate Group of U.S. Army Central, and Demetris Crittenden, lead military pay technician for the Defense Military Pay Office at Fort McPherson, uses a hoop to play tug of war with several of her classmates April 15 at Hedekin Field on Fort McPherson. In support of Child Abuse Prevention Month, the Fort McPherson Family Advocacy Program staff hosted a morning of activities like kite flying and bubble blowing to provide the children with an escape from the everyday. See page 16 for more photos.

Volunteers make a world of difference

Commander's Corner

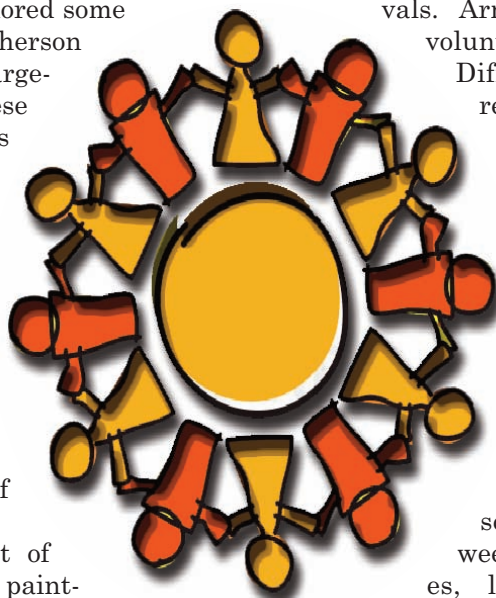
Col. Deborah B. Grays
Garrison Commander
Fort McPherson & Fort Gillem



Yesterday we celebrated and honored some very special people at Fort McPherson and Fort Gillem. Their efforts go largely unnoticed by the masses, but these 585 people make this year's National Volunteer Week theme, "Volunteers make a world of difference," come to life and take on real meaning. At just \$10 a hour, our volunteers' 29,739 hours of labor would have cost the Army nearly \$300,000. But volunteers' time cannot be measured with a dollar value, nor can what they contribute be counted as merely savings to the bottom line of a budget. They do so much more.

During the annual Spring Fest of 2008, volunteers helped with face painting, craft activities and hiding 10,000 candy eggs for hundreds of children to find. At this year's Spring Fest, volunteers contributed to the event's success by manning game stations and arts and craft activities. You can see the happy faces of the children from that event by checking out last week's *Sentinel*, looking at the *Sentinel* Web page on www.mcpherson.army.mil or by visiting the new "Fort McPherson and Gillem" Facebook group. You can't buy the smiles of those children with money – those smiles are bought with love and time put in by volunteers like you.

Family Readiness Groups led by volunteer leaders are held monthly with instruction and other volunteer activities, such as family picnics and festi-



vals. Army Community Service (ACS) volunteers helped with "Make a Difference Day," employment readiness job fairs, relocation readiness programs, the Army Volunteer Corps Program and the Information and Referral Office. We couldn't maintain these these activities without volunteers.

Volunteers from our three chapels visited veterans in the VA nursing home, conducted a mission trip, held two vacation Bible school programs, conducted weekly religious education classes, led fellowship events and retreats and orchestrated the Chapel Ministry in the Park. The 315 chapel volunteers logged more than 21,000 hours. These same volunteers served 230 meals to Soldiers at the Barracks and Single Soldiers (BASS) dinners hosted by chapel members.

Those outside the Army family benefited from our volunteers' benevolence, as well. Local schools were blessed with Community Outreach Program volunteers who mentored and tutored; conducted read-a-thons, science fairs and career day activities; taught leadership and life skills in classroom activities and chess after school and oversaw job shadowing and junior achievement programs. The entire installation came together to make this happen. I thank

Soldiers and DA Civilian employees from U.S. Army Forces Command, First Army, U.S. Army Central, the U.S. Army Reserve Command, the garrison and more for their volunteer efforts throughout the year.

Our tax center volunteers prepared 1,963 federal tax returns. They also prepared 1,759 state returns for military Families. These wonderful, skilled volunteers contributed more than 1,300 hours to assist Tax Center customers from January until April 15. There were nights last week, the last week to file returns, when lights were burning in those offices well past 9 p.m. I talked to one DA Civilian employee who said he paid nearly \$500 to have a somewhat-complicated tax return completed off post. For military Families, just as meaningful as the cost savings is the peace of mind in knowing everything was in order thanks to these volunteers.

Without volunteers, we could not have conducted events like the Army birthday celebration, the Hooah Race, Nostalgia Game Show Night, the Gillem Gallop, Youth Fishing Rodeos and holiday tree-lighting ceremonies. Volunteers capped the year off in November and December with 385 holiday vouchers, totaling \$19,750, that were issued by the ACS Volunteer Association to Soldiers and their Families to help them provide their Family with a quality, festive holiday season.

Volunteers did all of this during the most depressed economic time witnessed by our generation, making their contributions that much more valuable in our hearts. Volunteers, your efforts help keep us Army Strong! Thanks for all you do each and every day, each and every year.



Garrison Commander

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Visit the Sentinel on the

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www.mcpherson.army.mil.

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Commander helps polish 'jewels,' bring out their shine

Kevin Stabinsky
Sentinel assistant editor

One aspect of education is to expand a child's vocabulary, but April 16, a dozen girls from Jewell C. Anderson Elementary School in Conley were encouraged to decrease their lexicon.

"You need to take 'I can't' and 'I won't' out of your vocabulary," said Col. Deborah Grays. "You can be anything you want to be."

Grays, U.S. Army Garrison commander, visited the Anderson Jewels as part of a mentorship program with area schools. Despite her duties, Grays said mentoring children is one of the most rewarding and important, especially for the fourth- and fifth-grade girls she spoke with at Anderson.

"This is the most important age we go through," she said, describing the time as a melting pot. "A lot comes together here. This is where we pick up our habits and attitudes. The values you pick up now stay with you and will probably continue through the rest of your life."

Grays made it a key point in her hour-long visit to stress the importance of a positive mindset, noting that success was "all about attitude."

To highlight her points, Grays spoke of her own childhood growing up in the small town of Roseboro, N.C.

"I came from humble beginnings, across the railroad tracks in a row home," she said. "My stepfather was in the military and my mom worked in a tobacco field and picked cotton."

Despite the meek start, constant travel as her stepfather transferred from base to base (Grays said she was never in the same school for more than two years) and her difficulty in retaining informa-



Photos by Kevin Stabinsky

Col. Deborah Grays, U.S. Army Garrison commander, speaks with fourth- and fifth-grade girls at Jewell C. Anderson Elementary School in Conley April 16. Grays spoke with the Anderson Jewels, a group designed to help mentor and encourage young girls, provide role models and teach leadership skills.

tion taught in school, she was still able to get a good education due to hard work, dedication and desire to never disappoint or bring shame to her mother.

She reiterated that her education and the exposure she picked up traveling were the keys to her current and future successes.

Having someone like Grays, a 25-year Army veteran who came from humble beginnings, visit was important because many of the children come from low-income families, said Chanel Logan, a counselor for Anderson Elementary School. Anderson is classified as a Title 1 school, meaning a high percentage of children from low-income families attend.

"Col. Grays embodies all the qualities we strive for," Logan said. "We believe they (the girls) can accomplish anything."

The students have shown such ability through their scores on the Georgia Department of Education criterion-referenced competency tests

(CRCT), causing the school to also be classified as a distinguished school, having shown adequate yearly progress for each of the past seven years, Chanel said. The school also took four teams to the county social science fair.

"A lot of people have a hand in your life because they see you have potential," Grays said. "Stand strong and be focused; don't be distracted by others."

Besides avoiding distraction from others, Grays advised the girls to avoid comparing their success to someone else's.

"Success is what you want it to be. It's different for everyone," she said. "You don't fail if you take the first step."

Grays expressed a continued desire to continue the mentorship program with the Anderson Jewels, which meet twice a week to teach the girls about leadership, provide role models and encourage growth, even offering to host them at her home.



Grays talks with fourth grader Jameara Blocker, 10. Blocker's mother, Shunte Graham, works in a Home Depot accounting department and her father, Dwayne Blocker, is a construction worker.

University System of Georgia has installation post-closure plans

When the U.S. Army closes Fort McPherson in Sept. 2011 as part of the Base Realignment and Closure Act (BRAC), University System of Georgia (USG) officials want to be ready to move in and implement current plans to redevelop part of the base into a new research park.

The proposed focus of the research park district is bioscience and healthcare research, which is in line with one of six goals in the regents' current strategic plan – enhancing research. The research park will help Georgia's public and private research universities expand research activities and generate employment opportunities.

"The University System can utilize its significant intellectual capital assets toward the creation of a research park on the Fort McPherson property," said USG Chancellor Erroll B. Davis Jr. "Such a research park will strengthen ongoing efforts to attract high-tech operations to Georgia."

While planning has been ongoing since Sept. 2007, the University System's Board of Regents approved a resolution April 15 in which the regents formally accepted Gov. Sonny Perdue's charge to the board to lead "state efforts in the creation of a world-class research park at Fort McPherson to provide significant economic development for the State of Georgia for decades to come."

BRAC
Because
closure is
Right
Around the
Corner

Currently, the State of Georgia is working with the McPherson Planning Local Redevelopment Authority (MPLRA) to obtain 115 acres or more of the base from the U.S. Army via an Economic Development Conveyance (EDC). The redevelopment will be a partnership effort between the State of Georgia, the Georgia Research Alliance, a yet-to-be-identified research park anchor tenant and the University System.

During its April 15 meeting, board members heard from Jack C. Sprott, executive director of MPLRA, who provided an update on the status of the base closure and redevelopment planning.

He said the plan is to transform Fort McPherson and the surrounding neighborhoods into a "nationally acclaimed, world-class, thriving community where people work, live, learn and play."

Within the district's 115 acres will be 2.4 million square feet of office and lab space in a campus-like

setting. Plans call for 1,000 units of high-density residential space and 587,000 square feet of office space, which currently exist, and office and research space for a new Global Bioscience Center, Sprott said.

The USG's four research universities – Georgia Institute of Technology, Georgia State University, the Medical College of Georgia and the University of Georgia – will have a presence in the research park, conducting research in areas such as bioengineering, nanotechnology, immunology, chemistry, cell imaging, molecular medicine, complex carbohydrates, poultry and drug discovery.

"This project is the chance of a lifetime to establish a research park so close to Hartsfield Jackson Airport, between two MARTA stops and close to downtown Atlanta. We anticipate this research park will become a hub for research activities in many areas, but mainly focusing on global health," said Shelley Nickel, associate vice chancellor of planning and implementation for USG.

In May 2008, Gov. Perdue signed legislation creating the MPLRA. Future plans call for the EDC application to be submitted to the U.S. Army Sept. 1 and the property to be transferred to a state redevelopment authority after September 2011.

Board of Regents of the University System of Georgia

'Better halves' receive recognition, discounts on Military Spouse Appreciation Day May 8

Fort McPherson and Fort Gillem personnel will celebrate Military Spouse Appreciation Day May 8 with events and discounts. The following events will be offered at Fort McPherson that day:

- Army Community Service (ACS), Bldg. 62, will host an open house from 1 until 2 p.m. The event will include a cake-cutting ceremony.

- The Golfers Club will offer military spouses a free round of golf, including greens fee and cart.

- Divots, the restaurant at The Golfers Club, will offer spouses a discount for lunch from 11 a.m. until 1:30 p.m. When the sponsor pays full price for a meal, the spouse's meal will be half off. The spouse will receive the dis-

count even if the military member is deployed.

- The Auto Care Shop will give military spouses \$5 off an oil change and provide a free inspection of tires, hoses, belts, fluids, lights, the battery, wiper blades and brakes. For an appointment, call 464-2070.

- The "Hang Ups" Frame Shop will offer military spouses a 20 percent discount on the total bill on any work brought in. Spouses must show ID. For an appointment, call 464-2476.

- Military spouses can bowl three games free at the Strike Zone Bowling Center. Shoe rental is not included.

- The Strike Zone Bowling Center restaurant will offer spouses a discount for lunch

from 11 a.m. until 1:30 p.m. When the sponsor pays full price for a meal, the spouse's meal will be half off. The spouse will receive the discount even if the military member is deployed.

- The Post Library will have a book display with the theme "Celebrating Military Spouses."

- Sponsors can visit the Leisure Activities Center, Bldg. 135, to receive a free Army Hooah broach for their spouse.

In addition, the Lake Allatoona Army Recreation Area will offer free lodging when the patron stays Saturday night at full price. Military spouse ID is required.

For more information, call the ACS staff at 464-4070.

Number to dial DSN to change May 1

Effective May 1 at 6 p.m., there will be a Network Enterprise Technology Command (NETCOM)-directed change for accessing the Defense Switched Network (DSN) telephone system. For employees who can currently access DSN from their telephone by dialing



88, the new method will be to dial 94. There are no other changes to the telephone service. This change applies to both Fort McPherson and Fort Gillem.

There will be loss of service for outgoing DSN calls May 1 from 6 until 7 p.m. while this change is programmed into the switch.

For more information, call Larry F. Banks, chief of the Telecommunications Support Branch of the U.S. Army Garrison Directorate of Information Management, at 464-1689.

Tax issues for many continue beyond April 15

Tax day has come and gone for most people, but your dealings with taxes may not be over yet.

"We're here to help resolve your tax issues throughout the year," said Internal Revenue Service (IRS) Spokesman Mark Green.

The IRS offers these tips for handling some typical after-tax-day issues:

- If you failed to file a 2008 tax return by the deadline, it's not too late. If you owe taxes with your return, it's likely you'll be charged interest and penalties on anything not paid by April 15, along with a late-filing penalty. It's too late to request an extension of time to file, so the important thing is to file your return as soon as possible. To reduce the penalties and interest, pay as much as you can with the return. If you're due a refund and file late, you probably won't be penalized, but you could lose the refund if you don't claim it within three years.

- To check the status of your refund, visit IRS.gov and click on "Where's My Refund?" You'll need to put the primary Social Security number on your return, your filing status (single, married filing jointly, etc.) and the amount of refund you expect. If you don't have Internet access, call 1-800-829-1954 to check on your refund.

- If you are not happy with the amount of your tax refund, fix it now for next year by adjusting the amount you pay in. If you're an employee, use the IRS's online withholding calculator to figure the correct status and number of allowances, then adjust your withholding by filling out a new Form W-4 with your personnel office. If you're self-employed, adjust your estimated tax payments. If you're not making estimated tax payments, you can start June 15, the next due date, using Form 1040-ES (Estimated Tax for Individuals). Visit IRS.gov for details.

- If you owe the IRS money and can't pay it all, visit IRS.gov to set up an online installment agreement. The \$105 set-up fee drops to \$52 if you make your payments via automatic debit. Lower-income applicants may qualify for a reduced fee of \$43. The



fees are adjusted automatically when your online application is processed. If you don't have Web access, call 1-800-829-1040 to set up an IRS payment plan.

- E-filing is still available through Oct. 15, the filing deadline for those who requested an extension. Even if you didn't file an extension, you can still e-file your return. Use the tax software you bought, or if your 2008 adjusted gross income was not over \$56,000, use the IRS Free File program. Caution! To avoid tax scams, access Free File only through IRS.gov.

- If you realize you need to fix an error on your return, the IRS will usually correct math errors and may even accept returns with certain forms or schedules left off. But if, for example, you forgot to include reportable income or a deduction or credit, you can file a Form 1040X (Amended U.S. Individual Income Tax Return) to amend your return. The form is available at IRS.gov or by calling 1-800-TAX-FORM. Wait until your original return has processed before trying to amend it.

See Taxes on page 8

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Emergency personnel offer CPR certification training

Certified personnel from the U.S. Army Garrison Directorate of Emergency Services Fire and Emergency Services will provide a community CPR (cardiopulmonary resuscitation) and AED (Automated External Defibrillator) certification class Saturday from 9 a.m. until 1 p.m. in the training area of Bldg. 103, the Fort Gillem Fire Station.

CPR teaches participants how to react to life-threatening emergencies. The course focuses on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure participants have the confidence in their ability to provide care when emergency situations arise. Adult, pediatric and infant CPR will be taught.

The course is developed to increase CPR knowledge and awareness among individuals who do not traditionally attend CPR courses. Currently:

- About 75 to 80 percent of all out-of-hospital cardiac arrests happen at home, so being trained to perform CPR can mean the difference between life and death for a loved one.
- Only 6.4 percent of sudden cardiac arrest victims survive because most bystanders do not know how to perform CPR.
- Effective bystander CPR, provided immediately after cardiac arrest, can double a victim's chance of survival.

• If bystander CPR is not provided, a sudden cardiac arrest victim's chance of survival falls 7 to 10 percent for every minute

of delay until defibrillation. Few attempts at resuscitation are successful if CPR and defibrillation are not provided within minutes of collapse.

The target audience for the training is Fort McPherson and Fort Gillem military personnel, Civilian employees and their spouses.

In addition to CPR, basic first aid principles and AED familiarization will be taught.

Attendees who want to obtain an American Heart Association CPR card must pay \$5 cash to the instructor on completion of the course. The cost is an American Heart Association certifying charge.

Limited slots are available and preregistration is required.

To register or for more information, contact Assistant Chief Michael Scott by phone at 464-3269 or by e-mail message to michael.scott36@us.army.mil.



Motorcycle safety training courses offered throughout year

The U.S. Army Garrison Safety Office and Cape Fox Professional Services are offering free basic and experienced motorcycle safety training courses year-round.

Classes are offered to qualified U.S. Army active duty, Reserve and National Guard members, military retirees, dependents, DA and DoD Civilian employees and government contractors.

Uniformed personnel will be given priority — others will be registered for classes as space is available.

Visit <https://airs.lmi.org> to view class dates and to register.

For more information, call Andrew Smith, lead instructor for Cape Fox Professional Services, at 404-469-3976 or the Safety Office staff at 464-3353.



Photo by Roger Snell

Putting out fires ... literally

The first Fort McPherson and Fort Gillem Fire Prevention Council convened April 15 at the Fort Gillem Fire Station classroom training area in Bldg. 103. The council was attended by 14 people and included a discussion as to the purpose and needs of the Fire Prevention Council, highlights of the Installation Management Command fire loss report for the first six months of fiscal year 2009 and contributing factors and preventive measures for some of the identified causes. Immediately after the council meeting, fire marshals received hands-on fire extinguisher training.

At left, Theresa Fogg, a management analyst with the U.S. Army Garrison Plans, Analysis and Integration Office and a fire marshal, demonstrates her ability to extinguish a simulated small fire. The simulated small fire is an electronic training aid that simulates an actual small fire event. The screen reacts to the sound produced by the discharging fire extinguisher. If the fire is attacked correctly, the electronic fire will be extinguished.

335th Signal Command (Theater) staff says goodbye to first chief of mobilization

Family members and colleagues-turned-friends gathered March 30 at a local restaurant to say goodbye to the first Active Guard and Reserve chief of the Mobilization Section of the 335th Signal Command (Theater) (335th SC (T)).

In May 2007, Lt. Col. Stephen Fleming, then a major, was assigned to the 335th SC (T) to orchestrate and manage the mobilization process for the command. During Fleming's tenure, the command grew from approximately 2,000 Soldiers to approximately 7,000 Soldiers spread out over 17 states.

Fleming said it was important to ensure the system in place to mobilize Soldiers was efficient and organized to prepare Soldiers for successful deployment. However, he found the pre- and post-mobilization processes involved a lot of repeated training, which resulted in less time spent overseas.

"By voicing my observations to senior officers abroad, I worked it out so there are only 14 training days required at the Mobilization Training Center for individual augmentation-type missions, instead of the previously required 30 days. Basically, I was able to break the mold by cutting unnecessary, redundant training," said Fleming.

Fleming's second in command said he was honored to work alongside someone who placed such a

high emphasis on taking care of Soldiers.

"The reward is knowing that someone intuitively cares about the lives of Soldiers who are about to go in harm's way, going the 'extra mile' to ensure every T is crossed and every I is dotted and equipping the Soldier for success," said Master Sgt. Garland Moorman, deputy chief of the 335th's Mobilization Section.

Fleming, an infantry officer, attributed his success to thorough planning and teamwork.

"None of our mobilization success could have been accomplished without teamwork," he said. "I believe you lay out the plan, work the plan and follow-up, follow-up, follow-up."

Fleming said he enjoyed working with senior leaders, brigade staffs, staff representatives, peers and NCOs from his command and others.

At the end of the luncheon, Fleming was awarded an engraved plaque that states, "Your attention to succinct detail, leadership, long hours and multitasking efforts made a difference in taking care of this command's Soldier's during your tenure." His wife and daughter were given a pot of tulips for their personal sacrifice and support of Fleming during his tour.

Fleming's new assignment will be as the as the



Photo by Master Sgt. Garland E. Moorman
Then-Maj. Stephen Fleming (right) chats with Sgt. Maj. Gregory Gaston, sergeant major for 335 Signal Command (Theater) G6, during Army Warrior Tasks training held in February 2008 at Fort Gillem.

first chief of the Compliance Department with the Office of the Chief of Army Reserve-Army Reserve Careers Division.

335th Signal Command (Theater)

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Taxes continued from page 8

• If it looks like you've received an e-mail message from the IRS, beware! The IRS will never contact you about your taxes via e-mail. If you get an e-mail message that appears to be from the IRS about your refund or directing you to a Web site, it's probably an attempt by scammers to steal your private information. Don't click on any links in the message – forward the fake e-mail to phishing@irs.gov using the instructions at www.irs.gov.

The IRS will use only the U.S. Mail to communicate with you about your stimulus payment or "rebate."

• If you encounter a federal tax problem, contact the IRS immediately. Waiting can cost you time and money. If you get a notice from the IRS, call the phone number on the notice for help or call the general IRS help line toll-free at 1-800-829-1040. If you've tried the normal IRS channels and the problem still isn't resolved, call the Taxpayer Advocate Service toll-free at 1-877-777-4778 for free assis-

tance.

• Keep a copy of your tax return? Now that your tax return is complete, be sure to keep a copy of it. Tax records should usually be kept for at least three years. Records and documents relating to home purchase or sale, stock transactions, tax years where no return was filed or where a fraudulent return was filed, bad debts, and important assets should be kept longer.

• You can avoid headaches at tax time by keeping track of your receipts and other records throughout the year. If you don't have a record keeping system, now is a good time to start one for tax year 2009. It can be as simple as file folders or a shoebox. Just put everything that relates to taxes in one place. However, the more organized your records are, the easier it will be to complete your tax return next year. There is no substitute for good records. A good record keeping system can help ensure that you don't miss out on any credits or deductions

when you file your tax return.

The staff of the U.S. Army Garrison Office of the Staff Judge Advocate Legal Assistance Office Legal Assistance Office will begin providing tax services, including preparing current year returns, prior year returns and amendments, by appointment beginning in June.

Internal Revenue Service

Disability board to review ratings for fairness

DoD officials are accepting applications from certain medically separated veterans to have their records reviewed to ensure fairness and accuracy. The reviews can potentially increase the veterans' disability rating.

Servicemembers who have been medically separated since Sept. 11, 2001, are eligible for a review by the Physical Disability Board of Review (PDBR).

Servicemembers must have a combined disability rating of 20 percent or less and not be found eligible for retirement.

The differences between the PDBR review and a Board for Correction of Military (or Naval) Record review are in the instructions accompanying Form 294 (Application for a Review by the Physical Disability Board of Review (PDBR) of the Rating Awarded

Accompanying a Medical Separation from the Armed Forces of the

United States).

For more information, visit the DoD Military

Health Web site at

www.health.mil/default.aspx.

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Olympic medalist tells Soldiers they are real American heroes

Kevin Stabinsky
Sentinel assistant editor

During his nine years in the Army, Rodney Smith had an important Army mission: representing his country in the Olympics Greco-Roman wrestling competition. While he gained fame from his 1992 and 1996 competitions, especially in his 1992 bronze medal performance, Smith told Soldiers at Fort McPherson that their contributions today are just as important and necessary as his.

"You are the backbone of the country," he told U.S. Army Garrison (USAG) Soldiers April 16 at the Company A, USAG, headquarters building. "You and your missions are important."

Smith, who served from 1989 until 1998 as a power generator mechanic, was in the area training with a long-time Army friend, Howard Mullen, chief of training for the USAG Directorate of Plans, Training, Mobilization and Security (DPTMS). The two met while attached to an Army Ranger battalion, Smith said.

"You need to learn to transfer the discipline you learn here to other areas of your life Don't be afraid to take chances."

Rodney Smith
Olympic bronze medalist and two-time Olympian

Training with his friend, in addition to helping him cut weight and improve his physical fitness and nutrition in preparation for his summer teaching session at the Northeast Elite Wrestling Club in Connecticut, helped Smith stress two other points: that once Army, you're always part of the Army family and that it is important to work hard and not cut corners.

"Your duty to your country doesn't stop — you contribute for life," Smith said. "Even when you've done your service, you are always going to be part of."

That link may include the skills picked up through the Army lifestyle, which Smith credits as a major part of his success, noting that the Army gave him the funds, facilities and access to quality people to help him represent America at the 68 kilogram (149.5 pound) weight class in the 1992 and 1996 Olympics.

"There is so much talent in the Army. You need to learn to transfer the discipline you learn here to other areas of your life," he told the Soldiers. "Know



Photo by Kevin Stabinsky

Rodney Smith, a two-time Greco-Roman wrestling Olympian and bronze medal winner in the 1992 Olympics signs a poster of his bronze medal match against Cuban athlete Cecilio Rodríguez for Sgt. 1st Class Taylor Catina, firing squad noncommissioned officer in charge for Headquarters and Headquarters Company, U.S. Army Garrison (USAG). Smith visited USAG Soldiers April 16 to talk about his Olympic and Army experiences. Smith served for nine years as a generator power mechanic in the Army.

what you want to do, save your money and don't be afraid to take chances. Fear subsides with preparedness."

Preparing may require sacrifices, but Smith told the Soldiers that sacrifices made now lead to greater things in the future.

Drawing on his own life, he explained how his tenacious work ethic and willingness to avoid drinking and smoking helped him achieve his many accomplishments, not only in the Olympics, but also training other athletes, including mixed martial arts fighters Bobby Lashley and Ultimate Fighting Championship Hall of Fame member Randy Couture and succeeding in the civilian world, where he rose to position of vice president of Tasker Products, a technology-producing company, and business owner of Streets to Canvas, an art school that helps troubled youth.

Spc. Luke O'Neill, a color guard team member for

Headquarters and Headquarters Company, USAG, said he had a lot of friends who wrestled, so being able to hear Smith was inspirational and educational. O'Neill said talk helped him realize how much was available to him in the Army.

For helping to educate and motivate his Soldiers, 1st Sgt. Anthony Daniel Sr., first sergeant for Company A, USAG, and a fellow former wrestler, thanked Smith for visiting and sharing his story with his Soldiers. Daniel also presented Smith with a trophy as a token of appreciation.

As for his own token of appreciation, Smith signed copies of pictures from his 1992 bronze medal match against Cuban wrestler Cecilio Rodríguez for the Soldiers, offered to one day take a physical training test with them and once again stated his respect for them and the sacrifices they make in defending freedom around the world.

"You are the reason we are a country."

Every day is Earth Day at your local commissary

Kevin Robinson
Defense Commissary Agency

Every day is Earth Day as far as the Defense Commissary Agency (DeCA) is concerned.

Customers can expect to see extra savings on such items as laundry and dish detergents, diapers, organic products, paper products (toilet tissue and paper towels made from recycled paper) and packaging that uses less resources and breaks down more naturally.

"We have definitely increased the number of green-theme items to mirror a growing consumer demand," said Charlie Dowlen, promotions manager for the DeCA sales directorate.

Commissary customers have shown that "going green" isn't limited to Earth Day. Energy-saving compact fluorescent bulbs (CFLs) flew off the shelves in fiscal year (FY) 2008. Since January, weekly CFL bulb sales have averaged 100,000 items, and customers purchased more than 2 million reusable shopping bags in fiscal 2008.

More "green" cleaning products are now available at stores worldwide. The payoff is that the lighter products save money on transportation costs and use less plastic, which reduces the amount of trash.

The emphasis on going green is part of an ongoing culture change at DeCA. In 2005, DeCA created an environmental management system to focus on the following initiatives:

- Since October 2007, commissaries recycled nearly 64,000 tons of cardboard, returning millions of dollars to the DeCA surcharge fund, which pays for the build-

- ing of new stores and renovating existing ones.
- Agency water usage was reduced by 11 percent in FY 2008. DeCA tested the light-emitting diode, or LED, freezer lighting demonstration at its Fort Meade, Md., store in 2008, reducing power requirements by 85 percent (from 3600 watts to 540 watts).
 - Purchasing green-related materials. This program encourages purchasing recycled content, energy-efficient, bio-based and low toxicity products.
 - Controlling pests (insects and rodents) and reducing use of pesticides.
 - Designing eco-friendly facilities that save ener-

- gy and water. The commissary at Naval Base San Diego was designed with daylight harvesting to reduce need for interior lighting on sunny days.
- Reducing the use of toxic materials and replacing toxic materials with nontoxic alternatives.
 - Reducing ozone-depleting substances. DeCA is tracking equipment containing refrigerants that may be harmful to the environment to repair leaks and find alternative substances.
 - Purchasing computers that save energy.
- For more information about DeCA's environmentally friendly initiatives, go to the agency's Go Green Web page at www.commissaries.com/green/.

Corner Tavern
67227
2x7
B&W

Experience
67012
3x7
B&W

Units launch Facebook groups

The staffs of the U.S. Army Forces Command (FORSCOM) and the U.S. Army Garrison (USAG) have recently launched Facebook groups. The FORSCOM site can be found by searching "FORSCOM"; the USAG group site can be found under "Fort McPherson and Gillem," on www.facebook.com.

Religious Services

Fort McPherson

9:45 a.m. Sunday School
Post Chapel Center, Bldg. 51

11 a.m. Sunday Worship Service
Post Chapel, Bldg. 42

6:30 p.m. Wednesday – Awana
Bldg. 46

11 a.m. Thursday – Women's Bible Study
Post Chapel Center, Bldg. 51

9 a.m. April 18 – Men's Bible Study
Post Chapel Center, Bldg. 51

9:30 a.m. Sunday Mass
Cantonment Chapel, Bldg. 240
Third Sunday of Easter

10:45 a.m. Religious Education Classes
Cantonment Chapel, Bldg. 240

Daily Mass
Monday through Friday at noon

Fort Gillem

9:45 a.m. Adult Sunday School
Bldg. 742

11 a.m. Sunday Worship Service
Post Chapel, Bldg. 734

6:30 p.m. Wednesday – Bible Study
Bldg. 742

Jewish Representative
Jimmy Bradford, 770-461-4298

Islamic Representative
Jalaluddin A. Malik, 464-0109
jalaluddin.malik@us.army.mil

For more information on chapel programs, call 464-2004.

Recycling: more than just papers, plastics, cans

Kevin Stabinsky

Sentinel assistant editor

Soldiers and Civilian employees supporting the military can receive rewards for going above and beyond the call of duty. While no awards will be given for turning in hazardous household waste between 10 a.m. and noon today at Jacob's Park on Fort McPherson, those who turn in items can leave with the satisfaction of knowing they excelled in doing their part to save the environment.

"Rules different for individual household and federal installations because the Environmental Protection Agency (EPA) can't track all households," said Owen Nuttal, chief of the Base Realignment and Closure Environmental Office, explaining the federal hazardous waste law that exempts homeowners from properly disposing of household waste that is chemically hazardous.

Although exempt, it makes sense to do the right thing and dispose of the chemicals properly, Nuttal said. Merely throwing hazardous waste away or dumping it down the drain can cause many problems, especially if the chemicals get into the water table, he explained.

The Resource Conservation and Recovery Act (RCRA), which provides the EPA's guidelines on controlling hazardous waste disposal, lists many objects used in everyone's homes that contain hazardous chemicals. Some of these objects include solvents, cleaning supplies, pesticides, herbicides, nail polish remover and light bulbs, Owen said. Alkaline batteries in electronics, car and computer batteries are also hazardous as they con-

tain lead and magnesium.

Since RCRA requires federal installations to dispose of their waste according to EPA guidelines, the Environmental Office staff is offering the same opportunity to the military community for Earth Day, Nuttal said.

"It is just more environmentally wise," Nuttal said of having people turn in their waste.

It has also proved economically feasible for the installation, Nuttal explained, describing how recycling hazardous material and reducing materials, such as light bulbs that contain mercury with green-tip lights, saves the posts nearly \$15,000 in disposal fees a year.

Though exempt, it makes sense to do the right thing and dispose of the chemicals properly, Nuttal said. Merely throwing hazardous waste away or dumping it down the drain can cause many problems, especially if the chemicals get into the water table, he explained.

Individuals can also save money, said Heather Hawkins, an Environmental Office specialist.

"Normally, curbside pickup doesn't accept things like paint. This is a good way to get rid of stuff that accumulates in your garage for free," she said.

Nuttal said individuals who miss the turn-in can contact their local municipalities to see if they recycle hazardous material waste. The Auto Care Centers on Fort McPherson and Fort Gillem take oil from those who change their own oil for proper disposal.

If today's recycling drive is successful, future ones may be held, Hawkins said.

For more information, call Nuttal at 404-469-5245 or Hawkins at 404-433-2055.

Turn-in time today

In conjunction with Army Earth Day celebrations, the U.S. Army Garrison Base Realignment and Closure Environmental Office staff is hosting a household hazardous waste turn-in event at Jacob's Park at Fort McPherson. Collection bins will be placed in the park today between 10 a.m. and noon.

For more information call Heather Hawkins at 404-433-2055.

Cleaning Products

- oven cleaners
- drain cleaners
- metal cleaners
- bleach
- toilet cleaners
- wood cleaners
- tub/tile cleaners
- pool chemicals

Indoor Pesticides

- ant sprays
- cockroach sprays
- flea repellent
- bug sprays
- house insecticides
- moth repellents
- mouse baits
- rat poisons

Workshop/Painting Supplies

- adhesives/glues
- paint thinner
- turpentine
- fixatives/solvents
- paint strippers
- furniture strippers
- oil / enamel-based paints
- photographic chemicals

Automotive Products

- motor oil
- fuel additives
- starter fluids
- antifreeze
- automotive batteries
- carburetor and fuel injection cleaners
- air conditioning refrigerants
- transmission and brake fluid

Lawn and Garden Products

- herbicides
- insecticides
- fungicides
- wood preserves

Flammable Products

- kerosene
- diesel fuel
- gas/oil mix
- home heating oil
- lighter fluid

Miscellaneous

- batteries
- fluorescent light bulbs
- driveway sealer
- mercury thermostats/meters

Community Briefs

Month of the Military Child Web site

The Directorate of Morale, Welfare and Recreation staff has developed a "Month of the Military Child" Web site that lists general information about the month and installation activities and captures and displays personal stories from children and their military parents.

Military parents can download, sign and present their children with an "Everyday Hero" certificate to show their appreciation of their children's courage and sacrifice. The site is located at www.armymomc.org.

Month of Military Child parade

The Month of the Military Child parade will be held Wednesday at 10:30 a.m. The parade will begin at the Laundry/Dry Cleaners on Walker Street on Fort McPherson.

The route is right onto Cobb Street, left onto Hardee Avenue and down Troop Row.

The theme of the parade is sports. Everyone is invited to watch the parade.

For more information, call the Child Development Center staff at 464-3945 or 464-2759.

BRAC mobile unit for career exploration

A Base Realignment and Closure (BRAC) mobile unit for career exploration and assessment is available at Fort McPherson for employees to prepare for a job search and receive labor market information.

Training includes preparing a résumé, developing individual training plans and gaining Georgia Work Ready certification.

The bus will be stationed behind the Post Theater Wednesday and May 6, 13, 20 and 27 from 10:30 a.m. until 12:30 p.m. for scheduled appointments and from 12:30 until 5:30 p.m. for walk-ins.

To schedule an appointment, call 404-463-3336 or send an e-mail message to jsimon@atlantaregional.com.

Stork Club

The Army Community Service (ACS) staff will host a Stork Club expectant parent lunch Wednesday from 11:30 a.m. until 12:30 p.m. at ACS, Bldg. 62 at Fort McPherson.

For more information or to register, call Anne Murray, ACS parenting specialist, at 464-3335.

SAEDA training time changes

The starting time for Subversion and Espionage Directed Against the Army (SAEDA) training has

changed.

Training will be held from 1:30 until 3:30 p.m. at the Fort McPherson Post Theater Wednesday and June 24, Aug. 26, Oct. 28 and Dec. 16, and at Fort Gillem's Bldg. 902 May 27, July 22, Sept. 23 and Nov. 18.

For more information, call Patricia Womack, acting chief of the Counterintelligence and Security Division of the U.S. Army Garrison Directorate of Plans, Training, Mobilization and Security, at 464-2100.

BASS dinner

A Barracks and Single Soldiers (BASS) dinner will be held Thursday from 5 until 7 p.m. at the Audie Murphy Community Building, Bldg. 477 on Fort McPherson.

The event will have an Italian theme. Volunteers are asked to provide Italian dishes, vegetables, salads and desserts. Anyone bringing dishes can drop them off the day of the event by 4 p.m. to the Chapel Center, Bldg. 51 on Fort McPherson, or to the barracks by 4:30 p.m.

For more information or to donate a dish, call the garrison Chaplain's Office staff at 464-2004.

USARCENT change of command

U.S. Army Central will host a change of command ceremony May 4 at 10 a.m. on Fort McPherson's Hedekin Field.

During the event, Lt. Gen. James J. Lovelace will relinquish command to Lt. Gen. William G. Webster.

Gen. George W. Casey, Army chief of staff, and Gen. David H. Petraeus, commander of U.S. Central Command, will co-host the ceremony.

Volunteer Management Information class

The Army Volunteer Corps Program staff will host a Volunteer Management Information System (VMIS) class to help new volunteers register in MyArmyOneSource.com and apply for volunteer positions.

The class is also an opportunity for volunteers to have their questions about the volunteer program answered.

The VMIS class will be held once a month in the Employment Readiness room, room 109, of the Army Community Service center, Bldg. 62 on Fort McPherson.

Classes will be held May 5, June 16, July 7 and August 11 from 2 until 3 p.m. There are five slots available for each class.

For more information or to make reservations for the class, call Tina Helmick, the Army Volunteer Corps program manager, at 464-2773.

Military Affairs Council luncheon

The Atlanta Regional Military Affairs Council will host its 57th annual military affairs luncheon May 18 at the Cobb Galleria Centre.

The event, held to show appreciation for the U.S. armed forces, is a salute to the military. Registration will begin at 11:30 a.m., with lunch at noon.

The cost is \$40 per seat or \$400 for a table of 10. A table of 10 constitutes nine seats for the purchaser and the 10th reserved for a junior member of the military. Reservations must be made by May 11.

For more information, contact Suzanne Appenzeller, event coordinator, by phone at 770-980-2000 or by e-mail message to sappenzeller@cobbchamber.org.

Attendees can register online at www.cobbchamber.org/CWT/External/WCPages/WCEvents/EventDetail.aspx?EventID=1897.

DNPR briefings set

Briefings on the DoD National Relocation Program (DNRP) will be held May 27 and 28 at the Fort McPherson Post Theater. Two sessions will be held May 27: the first from 9 until 11 a.m., and the second from 1:30 until 3:30 p.m. Only one session will be held May 28: from 9 until 11 a.m. Employees from the garrison, the Installation Management Command-Southeast and U.S. Army Central are invited to attend.

The DNRP is designed to help eligible and authorized DoD employees relocate from one duty station to another.

Excess moving costs can be avoided

Many factors contribute to incurring excess costs during Permanent Change of Station household goods (HHG) moves, such as attempted pickup or delivery charges, exceeding maximum weight allowances or storage periods, shipping excess distances or unauthorized items or even accessorial services, such as packing and crating.

To avoid or minimize excess costs, consider donating or discarding unneeded HHG items. Carefully review the shipping documents and the household goods inventory sheets for each move.

For more information on moving and relocation services, call the Transportation Office staff at 464-1024 or 464-1019 or visit the Military.com Relocation Center.

Leisure Activities

Ticket sales offered at the Fort McPherson and Fort Gillem Leisure Activities Center Ticket Office are final and include all applicable service charges imposed on the Installation Morale, Welfare and Recreation (MWR) Fund by the vendor.

To reserve tickets using Visa, MasterCard, American Express or the MWR card, call the staff at 464-4392 or 464-3677. Counter sales are conducted in Bldg. 135 at Fort McPherson Monday through Friday from 8 a.m. until 4:30 p.m. The office opens at 11 a.m. on the first workday of each month.

Fishing Rodeo

The Fort Gillem and Forest Park Youth Fishing Rodeo will be held Saturday at Stephens Lake at Fort Gillem.

Registration will be held from 8 until 9 a.m. From 8:30 until 11 a.m., "fisher folk" (ages 13 and younger) can fish for bream and catfish.

Youths must be accompanied by an adult and provide their own rods, reels, fishing poles and tackle. Anglers are encouraged to bring their own bait. Snacks will be provided from 11 until 11:30 a.m., with awards and prizes given out directly afterward.

For more information, call the Fort McPherson Sports Office staff at 464-2409 or the Forest Park Recreation Office staff at 464-363-2908.

Alcohol awareness golf tournament

An Alcohol Awareness Prevention golf tournament, sponsored by the Wellness Center, will be held Wednesday at the Fort McPherson Golf Course. Registration will be held from 9:30 until 11 a.m., with an 11 a.m. shotgun start.

The field will be limited to 120 golfers.

The purpose of the golf tournament is to bring alcohol awareness, prevention and education to the local community.

The golf tournament is open to all authorized users and their invited guests.

The tournament will be an 18-hole scramble format, followed by a barbecue buffet and an awards banquet.

The cost is \$40 for club members, \$55 for non-members and \$60 for civilian guests.

The entrance fee includes 18 holes of golf (including a cart), range balls, tournament prizes and an awards banquet.

Each player will receive a free gift bag, worth \$55, that will include a duffel bag, a golf cap, a golf towel, an insulated cooler pack, a sleeve of golf balls, tees, a divot tool, a ball marker and a Wellness Center dog tag.

Interested golfers must turn in their registration form and entry fee to The Golfers' Club staff today.

For more information, call the Pro Shop staff at 464-2178.

Law Day golf tournament

A golf tournament will be held in appreciation of Law Day Thursday at the Golfer's Club at Fort McPherson.

Law Day, which is May 1, is designated to help people appreciate their liberties and to affirm their loyalty to the United States, especially with regard to equality and justice. It also aims to cultivate respect for the law, which is vital to the democratic way of life.

The event, which will be played in captain's choice/scramble format, will begin at 11 a.m. with a shotgun start.

The cost of the tournament is \$35 for members and \$55 for non-members. The price includes entry into all events, 18 holes of golf, a riding cart, lunch and awards.

A maximum of three mulligans per golfer can be purchased for \$3 cash each at the tournament sign in and registration desk the day of the tournament.

Entry forms and deposits must be turned in to the Pro Shop by Wednesday.

Golf attire (collared shirts and slacks or shorts) is required. No steel spikes are allowed on the course.

For more information contact CW3 Brenton Reeves, event coordinator, by phone at 464-1898 or by e-mail message to brenton.reeves@arcent.army.mil.

All-Army basketball team visit

The "All Army Men's Basketball Team" will play two games at the Fort Gillem Neal Fitness Center in preparation for the Armed Forces Basketball Championships being hosted by the Navy at NAS Millington, Tenn., May 10 through 18.

The team, made up of basketball players from throughout the Army, will play against the Carterville Summerhill semi-professional team May 2 at 1 p.m. and against The Atlanta Speedboys May 5 at 7 p.m. Both games are open to the mili-

tary community.

For more information, call the sports office staff at 464-2409.

Partnership school golf tournament

The U.S. Army Garrison Community Outreach Program and South Atlanta High School, partners in education, will host a golf tournament to benefit graduating seniors' fee obligations (such as caps and gowns).

The event will be held May 14 at the Brownsmill Golf Course, located at 480 Cleveland Ave.

The event, a four-man scramble, will begin at 8 a.m., with registration and a shotgun start at 9:30 a.m.

The cost is \$75 per player or \$300 per four-man team. The fee includes 18 holes of golf, green fees, a cart, range balls, lunch and prizes. Mulligans will cost \$5 each.

The deadline to register is May 7. For more information, visit <http://thehornetsgolfclassic.com> or call event coordinators Glenda Williams at 404-802-5015 or Charlotte Davis at 404-802-5042.

Hooah Race

In celebration of the U.S. Army's 234th Birthday, the eighth annual Army Hooah 5 km and 10 km Road Race kicks off June 13 at 7:30 a.m. Open to the public, the race is a partnership event sponsored by Fort McPherson and the cities of East Point and College Park.

The 10 km race begins at 8 a.m. in College Park at the Georgia International Convention Center on Highway 29 and the 5 km race begins at 7:30 a.m. in downtown East Point, by the East Point Library and near the East Point MARTA Station.

Both races finish at Hedekin Field on Fort McPherson.

To register or for more information, go to www.armyhooahrace.army.mil/armyhooahrace.

Team-building fitness challenge

The Iron "D" Team Building Fitness Challenge will be held May 19 through 21 starting at 11 a.m. at the Fort McPherson Post Gym.

The six-person teams must be comprised of either four men and two women or four women and two men.

Competitive events will include pull-ups, the 200-yard shuttle run, the 8-pound medicine ball throw, the 50-yard dash, a 1-mile walk, a 1-mile relay, the one-max rep bench, squats and deadlifts.

A list of rules is available at the Post Gym.

For more information, call Dennis Smith, a recreation assistant at the gym, at 404-424-3034.

Fort McPherson Post Theater movies

Tonight: W (PG-13)

Shows start at 7 p.m.
Bring the whole family and
your own refreshments.



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ADS**

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ADS**



Parting shots:

Up and away; kite flying soars kids' spirits



At left, Zaria Agee, 5, daughter of Staff Sgt. Javongela Epperson, a travel NCO for the FORSCOM Command Group, blows bubbles. Below, chasing and popping the bubbles was a big hit.



Madison Ward, 4, daughter of Sgt. 1st Class Curtis Ward, a sponsor for the Warrior Family Assistance Center at Fort McPherson, and Celena Ward, runs around Hedekin Field on Fort McPherson with a kite in tow, trying to catch a wind to lift it up. The event, sponsored by the U.S. Army Garrison's Directorate of Family Morale, Recreation and Welfare Family Advocacy Program (FAP) staff, was a morning of kite flying, bubble blowing, hoop twirling and snacking on pizza April 15 in support of the Month of the Military Child.

Photos by Kevin Stabinsky

At right, Kaleb James, 4, takes a picture of his mother, Staff Sgt. Kelly Henderson, an administration support NCO for the Human Resources Division of G1 at U.S. Army Forces Command (FORSCOM), as Henderson swings a hoop on her neck.



At left, children swarm to Kathy Epps, the family life educator for FAP, to get their kites. At right, trying to get their kites up in the air provided an hour worth of entertainment for the children.

